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FROM THE AMERICAN PEOPLE



**HELPING BABIES BREATHE T O T 23<sup>RD</sup> – 24<sup>TH</sup> JUNE 2011**

**KNOWLEDGE ASSESSMENT**

**Read the questions carefully and choose the correct answer or answers as indicated by circling the appropriate letter (s).**

1. In the first minutes after birth, you should:
  - a. Clean the baby
  - b. Bathe the baby
  - c. Help the baby breathe
  - d. Feed the baby
2. In preparation for a birth:
  - a. You should be prepared to deal with emergencies.
  - b. A helper can be identified when the emergency occurs
  - c. You prepare the equipment when you need it.
  - d. You do not need a helper
3. Preparation of a safe environment for delivery includes the following: (CHOOSE all that apply)
  - a. Open all windows to facilitate flow of fresh air.
  - b. Decorating the room
  - c. Provide an environment to maintain temperature
  - d. Preparing a clean place for the baby at delivery
4. In order for a full term baby to receive routine care at birth, which of the following must occur?
  - a. Baby is breathing irregularly
  - b. Baby is gasping
  - c. Baby is crying and or breathing regularly
  - d. Baby is limp
5. Routine care of a healthy baby after birth includes the following (CHOOSE all that apply)
  - a. Drying the baby
  - b. Position the baby next to the sunny window
  - c. Position the baby so that the neck is well flexed
  - d. Remove wet cloths and covering the baby with a warm cloth
6. When should the umbilical cord usually be tied and cut?
  - a. After the placenta is delivered

- b. Around 1 – 3 minutes after delivery
  - c. Before a baby has cried
  - d. Immediately the baby has cried
- 7. A newborn baby is quiet, limp and not breathing. The next steps in management should include which of the following? (Choose all that apply)
  - a. Dry the baby
  - b. Shake the baby
  - c. Keep the baby warm
  - d. Hold the baby upside down
- 8. What should be done during the Golden Minute? (CHOOSE all that apply )
  - a. Bathe the baby
  - b. Deliver the placenta
  - c. Assess breathing of the baby
  - d. Help the baby breathe if necessary
- 9. A new born baby is quiet, limp and not crying. The baby has not responded to initial steps to stimulate breathing. The next step in management should be:
  - a. Slap the baby's back
  - b. Hold the baby upside down
  - c. Squeeze the baby's ribs
  - d. Begin ventilation
- 10. Which of the following are signs of improvement in a baby who is being ventilated?
  - a. Baby begins to make crying efforts
  - b. Baby becomes limp
  - c. Baby becomes pink
  - d. Baby is not breathing well
- 11. When providing ventilation for a newborn baby which of the following statements is TRUE?
  - a. Select a mask that covers the face
  - b. Allow air to escape under the mask and face
  - c. Squeeze the bag to produce gentle chest movements
  - d. Squeeze the bag to give breaths at 80 – 100 per minute
- 12. Which of the following signs must be monitored in a baby during the first few hours of life?
  - a. Baby's smile
  - b. Breathing rate
  - c. Baby's colour
  - d. Urine output

13. If a baby is not responding to ventilation, what would you do? (choose all that apply)
- a. Stop ventilation all together
  - b. Reapply the mask to get a better seal
  - c. Squeeze the bag harder
  - d. Give mouth to mouth respiration
14. Which of the following measures should be done to help keep a baby warm?
- a. Open all windows to allow warm air to circulate
  - b. Giving baby a bath after birth
  - c. Placing hot water bottle next to the baby's skin
  - d. Place baby skin to skin contact with the mother
15. The following measures will assist you in keeping the baby clean (CHOOSE all that apply)
- a. Cleaning hands before handling the baby
  - b. Disinfecting and replacing suction devices every 12 hours
  - c. Keeping the umbilical cord stump tightly covered
  - d. Helping the mother clean her hands before breast feeding the baby
16. To stimulate breathing in a baby born with meconium-stained liquor, what should be done first
- a. Ask a helper to put a hat on the baby's head
  - b. Clear airway with a suction device before drying
  - c. Stimulate by rubbing the back once or twice
  - d. Wipe dry, and rub back, arms, legs and head
17. After ventilating a baby for 3 minutes with the bag and mask, the heart rate is 120 beats per minute, the baby
- a. Reapply the mask to the face and reposition the head with the neck slightly extended
  - b. Squeeze the bag harder to give a larger breath
  - c. Slowly decrease the rate of ventilation and watch for breathing
  - d. Stop the ventilation and wait at one minute to see if the baby breathes
18. You feel the umbilical cord to count the heart rate. You cannot feel any pulsations. What should you do next?
- a. Do nothing more and declare the baby dead
  - b. Listen to the heartbeat with a stethoscope
  - c. Wait and check again after One minute
  - d. Let the mother assist you to check the heart rate
19. When helping the baby to breathe with the bag and mask, check the heart rate after
- a. 1 minute
  - b. 2 minutes

- c. 3 minutes
  - d. 5 minutes
20. You are giving a baby ventilation with the bag and mask. The baby is gasping. What should you do?
- a. Provide routine care
  - b. Continue to ventilate
  - c. Monitor baby closely with the mother
  - d. Stop ventilation and observe closely